

EFFECT OF COCONUT WATER IN REDUCING FATIGUE AMONG WORKERS IN NORTH SUMATERA

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ABSTRACT

Background: Coconut (*Cocos nucifera L*) is regular part of the diets of many people in the tropics and subtropics. Its sugar content and mineral composition makes it an ideal rehydrating and refreshing drink. Coconut water is believed to be useful in preventing and relieving many health problems, including dehydration, constipation, digestive problems, fatigue, heatstroke, diarrhea, kidney stones, and urinary tract infections. This study aimed to examine the effect of coconut water in reducing fatigue among workers in North Sumatera.

Subjects and Method: A quasi-experiment one group before and after design was carried out at Chips Factory, Tadukan Raga, Deli Serdang, North Sumatera. A sample of 20 workers was selected for this study. The dependent variable was fatigue. The independent variable was the consumption of 2 liter coconut water. The data were collected by questionnaire and analyzed by paired t-test.

Results: Fatigue decreased 46.01% after consumption of 2 liter coconut water and it was statistically significant.

Conclusion: Coconut water consumption decreases fatigue among workers.

Keywords: coconut water, fatigue

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